

## Boone County

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### Community Health Needs Assessment Snapshot

#### Promote Healthy Behaviors

##### Problems/Needs:

- Obesity: Rate for Boone County is 30% and Iowa rate is 28% (per County Health Rankings snapshot 2010). 22-32% of high school students are in the low healthy and poor zones for fitness testing in the Boone School district (per data from Boone High School 2010).
- Rates of hospitalization (age adjusted) for coronary heart disease is 66.0 for Boone County compared to state rate of 51.8. Diabetes hospitalization rates are 11.6 compared to state rate of 10.8. (Iowa State Inpatient Database, 2004-2006, IDPH)
- Rate of breastfed babies in Boone County is 26.1% (per MICA statistics), compared to 33% for surrounding counties served by MICA). Research shows that breast fed babies are less likely to be overweight.
- Tobacco use among adults and youth (includes cigarettes, cigars, pipes, and chewing tobacco/snus) is 18.9% for adults and 9% for youth in Boone County compared to the state at 18.8% for adults and 9% for youth. In Boone County the rate 2.6% for 6th graders compared to state rate of 1.7% for same age group.
- 33% of pregnant women smoke during pregnancy (per OB physician in Boone County) compared to 22% of pregnant women who smoke per WIC statistics for surrounding counties (5 counties served by WIC)
- Marijuana use among youth has increased in Boone County. 50% of youth arrests in Boone County assigned to juvenile court classes are related to marijuana use. OTC drug abuse among youth is 5% compared to 4% for state 92008 data). Prescription drug abuse among youth in Boone County is 8% compared to 7% for state 92008). 26 Meth labs (per Boone County Sheriff's Office) were discovered in FY 10 and there were 86 narcotic violations.
- 12.7% of Iowans reported binge drinking per BRFSS survey 2008 which is consistent with what is observed in Boone County.

## Prevent Injuries

### Problems/Needs:

- 16% of deaths among those 25-44 years of age are due to suicide (Boone County 2008 statistics). This is an increase from 12% in 2000. State rate of suicides for all age groups was 12.2%. (IDPH Bureau of Vital Statistics for 2009).
- There were 42 domestic violence arrests for 2010 and 41 for 2009.
- Falls are the second leading cause of injury deaths in Iowa in those 75 years of age and older being at greatest risk. Iowa at 8.5 (crude rate) is above the national average of 6.2 (crude rate) per CDC data 2002-2005. Unable to get data specific for Boone County but county has high elderly population.

## Protect Against Environmental Hazards

### Problems/Needs:

- Average radon level in Boone County homes that have been tested is 8.9pCi/L. EPA recommended action limit is 4.0. It is observed there is a lack of radon testing in many Boone County Schools.
- Elevated lead level: As of 12/31/09, 5.6% of children born in 2003 and tested before age 6 showed an elevated lead level greater than 10. State average is 4% and national average is 1.6%.
- Lack of awareness of Healthy Home initiative available in Boone County to improve home environment.
- Lack of awareness of programs available to assist home owners in plugging abandoned wells to reduce risk of contamination of ground water.

## Prevent Epidemics and the Spread of Disease

### Problems/Needs:

None identified

## Prepare for, Respond to, and Recover from Public Health Emergencies

### Problems/Needs:

- Need for additional training for dealing with mental health crises (Boone County has seen an increase in situations involving mental health issues).
- Need for emergency response personnel support (mandatory) for crisis counseling (individual event or cumulative)
- Development of an environmental health response team to address emergency response and preparedness issues.
- Need to improve communication/knowledge and education of community resources.

## Strengthen the Public Health Infrastructure

### Problems/Needs:

- 52.9% of those 1-20 years of age received dental services (preventative and treatment) in 2009. This is an improvement over 2005 - 37.87%. 22% of children 1-5 years of age report having a dental home per CARES data 2010. Unaware of any dentists in Boone County who will accept Title 19 children as patients.
- Access to mental health professional services is limited in Boone County. Only 1 psychiatrist who sees patients one day per week and has a waiting list. One clinical psychologist at Boone County Hospital. One other psychiatrist is available half days through telesight but not available in the winter (see both children and adults). YSS has a telehealth program for adolescents 1/2 day per week. Seeing an increase in mental health issues in school age children.
- Lack of adequate public transportation for all age groups per community survey done in 2008.
- Need for affordable child care - 38% said did not have affordable child care per 2008 survey.

## Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
By 2015 the rate of obesity in children and adults in Boone County will decrease by 2%. Baseline: 30% adult obesity rate in 2010. 22-32% of high school students are in the low healthy and poor zones for fitness testing in the Boone School district (per 2010 data)	Develop a workgroup	Public Health/Boone County Hospital	January 2012
	Assess resources already available in the county.	workgroup	2012
	Partner with area community resources to promote physical activity and nutrition	workgroup	2012-2015
	Explore funding sources for weight management	workgroup	2012-2015
	Involvement in upcoming fairs and events to promote nutrition and physical activity	workgroup	2011-2015
	Partner with area grocery stores to promote nutrition education	workgroup	2012-2015
	Explore expansion of Farmer's market outside of Boone	workgroup	2012
	Promote purchase of locally grown food sources	workgroup	2012-2015
	Promote Iowans Fit for Life toolkit for worksite wellness programs.	workgroup	2012-2015
	Educate health care providers on healthy choices toolkit	workgroup	2011-2012

Goal	Strategies	Who is responsible?	When? (Timeline)
By 2015 education related to mental health issues for emergency response personnel and other community partners will have been done and a plan for ongoing education will be in place.	Develop a workgroup to identify education needs	Emergency Management	January 2012
	Identify training needs of community partners	Work group	2012
	Explore resources available for mental health education for community partners	Work group	2012
	Explore funding for trainings	Work group	2012
	Provide trainings and plan for ongoing education	Emergency Management	2012-2015